

When you were at your lowest and in a state of utter confusion and you had no mental energy to pull yourself out of your despair, what was the biggest influence that helped you to go back on the right track? Was it your family and friends? Or a certain song or quote?

I stick to a certain belief to pull myself out of any stressful periods that I may go through. It is like my guide to life. No doubt, I consult my friends and family, but there are just some times when I can't explain how I feel and I have no one to consult but myself and my beliefs. I quote from Audrey Hepburn, "I believe in being strong when everything seems to be going wrong." Also, I believe that when you meet with an obstacle, but stay strong and positive, things will turn out well.

It was just last year, when I had to go through a tough time. It was the first exam of the year and I did badly in almost every subject, but I swear, I had studied! I thought that I had everything memorized and I was fully prepared for my exams. However, I flunked everything. My teacher called my parents to inform them that I had to pull my grades up for the next two exams. If my grades continued to be this bad, I might not be promoted to Secondary 3.

It came as a shock to me. I did not know where to start fixing the mess that I had created. My parents came down hard on me, telling me that if I did not wake up and study hard, they would take away my freedom, even worse, they may transfer me out of Nanyang to let me cope better. This left me confused and frustrated. But I had studied, what exactly was the problem? It was only my second year in Nanyang, was I going to be defeated by my first big obstacle? Thus, I reminded myself to believe in being strong when everything seems to be going wrong. I knew that instead of moping about, I should pick myself out of this despair. My teacher told me this, "When you are at your absolute lowest, there is nowhere else to go but up." This gave me the motivation to try fix myself up, to believe that things will get better.

I stayed strong throughout this period of time. I told myself that I may have studied hard the previous time, but it might not have been enough. In the meantime, I stayed positive. I trusted my teacher, that I had nowhere else to go but up, all I had to do was stay strong and positive.

It worked. My results for the next exam were much better, and my teacher was so proud of me. I, too, was proud of myself. I believe that when you are stuck by an obstacle, just remain positive, and tell yourself to be strong, for things will get better. They always do.